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NEW YORK • Monday, June 18, 2012

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PSST, HEAR ABOUT OFFICE GOSSIP? {page 21}

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IS VICTORIA TOO POSH TO GET DIRTY IN SPICE GIRLS DOCUMENTARY? **THE WORD** {page 12}

GOOGLE

Sen. Schumer: Google ogles!

Google, Apple testing cameras that can look through windows, see details on objects just four inches big It's a race for the most invasive maps yet {page 05}

▶ People are shown here via Google satellite imagery sunbathing on their rooftop in Lower Manhattan. But new technology the company is testing will allow cameras to zoom in much closer than this.

News

Rodney King found dead in pool at age 47

Man whose caught-on-video police beating led to race riots in '90s was proud of change that he played part in {page 06}

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Silent march carries message loud and clear

Parents of Ramarley Graham join thousands in silent march down Fifth Avenue They're calling on the NYPD to reduce stop-and-frisks

Thousands marched down Fifth Avenue on Father's Day, yet the only sound that could be heard yesterday afternoon were the birds chirping above.

A mass of people, ranging from small children to those in wheelchairs, made their way from 110th Street to Mayor Michael Bloomberg's doorstep on 79th Street in a silent protest against the NYPD's controversial stop-and-frisk policy.

"Today, the men of color in this community stepped up as fathers, as men, and as mentors," said D'Metriss Holmes, a teacher from East Harlem. "Perhaps we will now be able to make change."

Among those leading the pack were Reverend Al Sharpton and the parents of Ramarley Graham, the 18-year-old unarmed teen shot and killed by police during a drug chase in February. Richard Haste, the officer who shot Graham, has been charged with manslaughter; he pleaded not guilty Wednesday.

The father of Trayvon Martin was also rumored to be in the crowd, but Metro could not confirm his attendance.

"Stop-and-frisk policing violates our civil rights as citizens," Sharpton said to the surging crowd as they walked. "It is illegal, immoral, and must be ended."

Nelini Stamp, a member of the march's organizing team, was pleased that the protest had been carried off peacefully.

"It was beautiful," said Stamp.

"Instead of yelling and chanting people had a chance to meet each other and get to know each other while they walked," she said.

Bloomberg said yesterday the NYPD has to "mend" the practice, and that he expects the number of stops will decline in the months ahead.

DANIELA BERNAL
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Quoted

"Innocent people who are stopped can be treated disrespectfully. That is not acceptable. If you've done nothing wrong, you deserve nothing but respect and courtesy from the police."
MAYOR MICHAEL BLOOMBERG

JEREMY SPARIG/METRO

▶ The NYPD reported no arrests at the peaceful protest, which lasted about two hours.

New law proposed

According to Chris Bilal, a member of Streetwise and Safe, the next step for ending stop-and-frisk will be the Community Safety Act, which aims for a stronger ban on racial profiling and creating an inspector general for the NYPD.

"It's ground-breaking legislation," said Bilal, who has personally been stopped-and-frisked three times. METRO/DB

Another dead in cop shooting

An unarmed woman was shot and killed by police last week.

Shantel Davis, 23, died Thursday after being shot by a police officer. According to the NYPD, the incident started at around 5:35 p.m. when she was observed speeding down Church Avenue in Brooklyn in a stolen Toyota Camry.

Davis ran a series of red lights before colliding with a minivan at the corner of East 38th Street, police say. Two officers then approached the Camry on foot, and the officer on the driver's side began struggling with Davis for control of the steering wheel.

During the struggle, Davis allegedly knocked the officer on the passenger side back into the street by driving in reverse. At the same time, a shot from the officer's gun was discharged, striking Davis in the chest, police say. A vigil for Davis was held on Saturday. METRO/JG

In the news

Off-duty cop arrested in the Bronx

An off-duty New York City police officer was arrested Saturday night and charged with assault. Officer Raul Gabriel, 36, was arrested at approximately 10:45 p.m. somewhere in the northeast Bronx. Police did not provide any further details of the incident. METRO/JG

In the news

Skydiving death

The president of a Manhattan real estate firm was buried yesterday after he died Friday in a skydiving accident after his parachute apparently malfunctioned. David Winoker, 49, who ran Winoker Realty Co., jumped from a plane in upstate Ulster County, N.Y., as part of a friend's 50th birthday celebration, according to the Daily News. Winoker was a married father of three. The accident also took the life of his 25-year-old instructor, Alexander Chulsky. METRO/JG

Queens woman charged with starving pit bull

RICHMOND HILL. A Queens woman was arrested yesterday for allegedly starving her pit bull, Zellie.

Earlier this year, on March 26, ASPCA agents received a complaint of a dog tied to a tree without food or water at a home in the Richmond Hill neighborhood of Queens.

When agents went to Shakisha Codling's house they found Zellie collared with a padlock to a tree in the backyard. She did not have access to food or water, said the ASPCA. The dog was rescued. METRO/CB

51 After treatment, Zellie now weighs 48.5 pounds, a 51 percent increase.

ASPCA

▶ Zellie weighed 32 pounds when she was brought in.

Brooklyn tagged with more anti-Semitic graffiti

BOROUGH PARK. Police are still looking for the people responsible for spray-painting swastikas throughout the heavily Jewish neighborhood of Borough Park, Brooklyn.

The swastikas were discovered early Friday morning at six different locations in the neighborhood.

Two vandals desecrated a synagogue, a Jewish ritual bathhouse called a "mikvah," three stores and a vehicle at around 2:15 a.m. that day, according to police and the Anti-Defamation League. There were no reported injuries, and no arrests have been made yet.

Other swastika graffiti has been reported this year in Floyd Bennett Field, Midwood, Williamsburg and in Midtown Manhattan. METRO/JG

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Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

[1] Reference - Epidural steroid injections procedures. Medscape reference retreived July 28th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

Why do knee injections often fail?

What's different about our procedure?

Most doctors today do one of three things:
1) They perform "blind injections" (an injection done without imaging guidance).
2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York. 3) They use Cortisone, which can have side effects.

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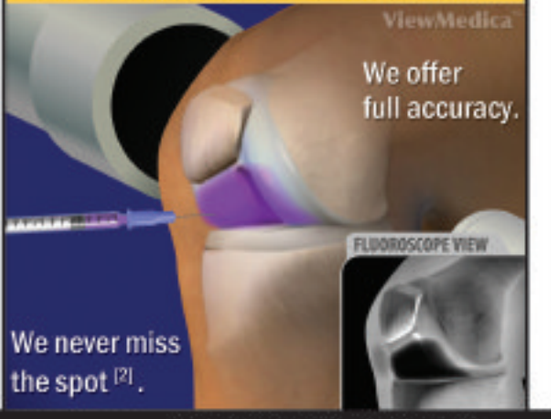
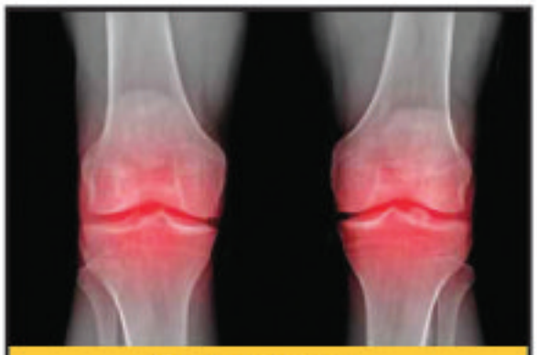
FACT: 30-40% of blind injections result in needle misplacement. [1] With this much inaccuracy, **it's no wonder most people never find relief.**





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Gourmet grease fuels homes, cars

Leftovers from the city's chicest restaurants now becoming fuel Old cooking oil used as clean energy to heat homes and power automobiles

Dined at Mario Batali's famed Eataly recently? The oil used to cook your meal there is now powering homes and cars around the New York metropolitan area.

Grease Lightning, a company established in 2010, sends trucks around the city collecting hundreds of gallons of used cooking oil to recycle into biofuel.

They pick up the used oil from some of Manhattan's best-known restaurants, such as Eataly and Balthazar, and then take it to their two recycling plants outside the city. There, the cooking oil — or actually, it's just plain old grease — is converted into biodiesel to heat homes and fuel cars.

Grease Lightning may be just the start: Mayor Michael Bloomberg has aimed to eliminate the heaviest heating oils in the city in order to reduce soot pollution by 50 percent by 2013. Just last week, on June 13, Bloomberg announced more than $100 million in financing to help city buildings convert to cleaner fuels through the NYC Clean Heat program.

Grease Lightning works with about 3,000 clients, including Jean-Georges, Spice Market and Mercer Kitchen. In return for selling their oil, restaurants are paid part of the profits.

Cooking oil is better for the environment, said Grease Lightning managing partner Jeff DeWeese, because vegetable oil burns more cleanly than refined fossil fuels like diesel or gasoline.

"New York City is unique itself in that the restaurants tend to change their oil very frequently," DeWeese said. "I think the reason is because there's a very discerning customer in New York. If you don't change your oil very much, you start to get a rancid taste."

Restaurants that partner with Grease Lightning change their cooking oil about once every day or two, while others may change it just once every other week, he said.

"The oil starts to break down over time," he said. "The less you do that, the higher quality the oil."

ALISON BOWEN
alison.bowen@metro.us

By the numbers

7M

Grease Lightning recycles more than 7 million gallons of used cooking oil each year.

6.5 tons

The company estimates that they have removed 6.5 tons of carbon emissions from the atmosphere.

441

That's the equivalent of removing 441 tractor trailer trucks from the road for an entire year, according to the firm.

News in pictures

Greasing the wheels of new alternative fuel sources

Grease Lightning has a plant in Newark, N.J., and one in Hicksville, Long Island. The company plans to open a third in Philadelphia this fall. Anyone interested in biofuel can request it from their local fuel distributor. METRO/AB

1: Vats of the cleaned oil are kept under white tents at the Newark facility. The tents keep the oil cool in the summer and warm during the winter to keep it from turning into sludge.
2: Waste cooking oil is pumped into filtration units.
3: A worker moves hundreds of gallons of recycled waste oil at the Newark plant.
4: An employee labels samples of used cooking oil from the day's delivery.

PHOTOS: KEVIN C. DOWNS/METRO

Privacy concerns raised over new Google 3-D maps

Tech giants compete to compile most detailed images yet Maps created using U.S. military-grade spy planes

Hey Google, stop spying on New Yorkers!

That's the message Sen. Charles Schumer gave yesterday to the technology giant, as well as to rival firm Apple, warning that the two companies could cause an "unprecedented invasion of privacy" with their new 3-D map applications.

The two companies are racing to each create more and more powerful map software, and the result has been camera technology that's strong enough to see sunbathers in their backyards, said Schumer.

Both companies are reportedly using military-grade spy planes in order to create aerial maps that are much more detailed than those already out there, such as Google Earth.

The planes can even see through windows and record images of objects as small as four inches, according to Schumer.

▶ They want to zoom closer.

"Barbecuing or sunbathing in your backyard shouldn't be a public event," Schumer said. "People should be free from the worry of some high-tech Peeping Tom technology violating one's privacy when in your own home."

He conceded that the technology may have "functional and important uses," but said that the privacy issues need to be addressed. "We need to hit the pause button here and figure out what is happening," he said.

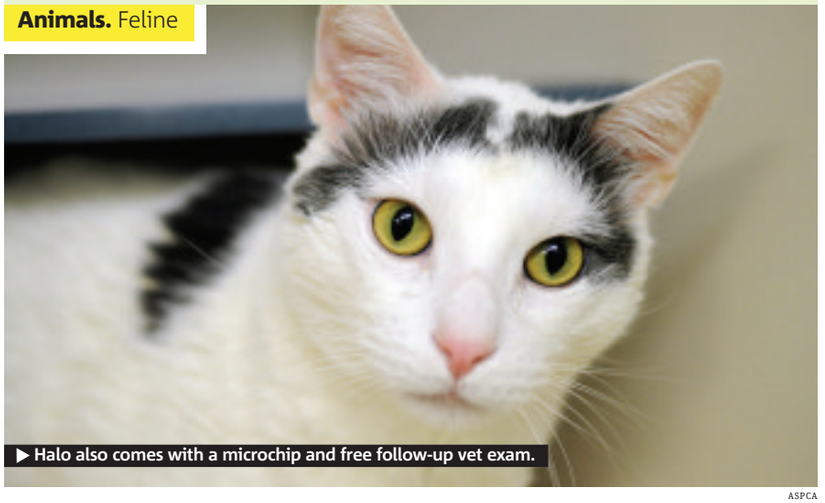
In a letter to Apple and Google, Schumer asked the competing companies to provide notification to communities being mapped, to allow property owners to opt out and to automatically blur photos of individuals.

Schumer also said that sensitive infrastructure details like power lines and reservoir access points should be omitted so as not to inadvertently assist criminals and terrorists.

Google, which plans to have its new 3-D maps available by the end of this year, did not respond to a request for comment. Apple also could not be reached.

JESSE GREENSPAN
letters@metro.us

Animals. Feline



▶ Halo also comes with a microchip and free follow-up vet exam.

ASPCA

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Halo is a 2-year-old who gets his name from the distinct markings on his brow. He loves running, jumping and playing, but is just as content when he's cuddling with his favorite people. This special guy has a slight heart murmur and requires daily medication, so he'd love a family who sees past this special need. Halo is neutered and up-to-date on all vaccinations. To take Halo home or to find out more information, stop by the ASPCA's New York Adoption Center at 424 E. 92nd Street; visit Adoptaspca.org or call 212-876-7700, ext. 4120.

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Rodney King found dead

Rodney King, who came to symbolize racial tensions in the United States after his 1991 beating at the hands of police led to deadly riots in Los Angeles a year later, was found dead in a swimming pool yesterday in Rialto, Calif., police said. He was 47.

"Preliminary indications are that this is a drowning with no signs of foul play," Rialto police said in a statement.

King was discovered by his fiancee, said Rialto police Captain Randy De Anda. The San Bernadino County Coroner's office will conduct an autopsy, authorities said.

King's death was reported to police yesterday morning in Rialto, about 50 miles east of Los Angeles. Police pulled his body from the swimming pool but were unable to resuscitate him, De Anda said.

King became known around the world after he and some friends were stopped by Los Angeles police on March 3, 1991, following a high-speed chase. King was beaten by baton-wielding officers while a bystander videotaped them. The video prompted a national debate on police brutality and race relations.

When the officers were cleared of brutality charges a year later, riots broke out in Los Angeles, resulting in 53 deaths and an estimated $1 billion in damage.

During the riots, King made a famous televised appeal for calm, saying: "Can we all get along?"

Two of the officers were later convicted on federal charges of violating King's civil rights and were sentenced to prison.

A jury ordered the city of Los Angeles to pay King, who was unemployed at the time of the beating, $3.8 million in damages. **REUTERS**

Quoted

"Can we all get along?"

RODNEY KING'S FAMOUS APPEAL FOR CALM DURING THE RIOTS

DOUGLAS BURROWS/LIAISON/GETTY IMAGES

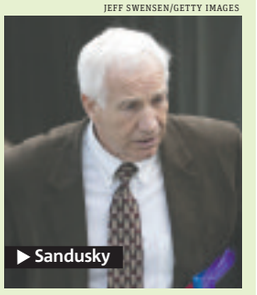
▶ Rodney King pleads for peace on May 1, 1992, in Los Angeles. As a result of the riots, more than 50 died, more than 4,000 were injured and there was $1 billion in property damage.

After the riots

- King had a history of substance abuse and previously appeared on the U.S. cable TV program "Celebrity Rehab."
- This year, two decades after the riots, King wrote a book entitled "The Riot Within: My Journey from Rebellion to Redemption."
- King, who has three children, was engaged to marry Cynthia Kelley, a juror in the civil suit he brought against the city of Los Angeles, according to the biography that accompanied his book.

Defense in Sandusky sex abuse trial could start today

JEFF SWENSEN/GETTY IMAGES



▶ Sandusky

The defense in the Jerry Sandusky child sex abuse case expects to start calling witnesses today, and may turn to a psychological defense to counter oftengraphic testimony against the former Penn State assistant football coach.

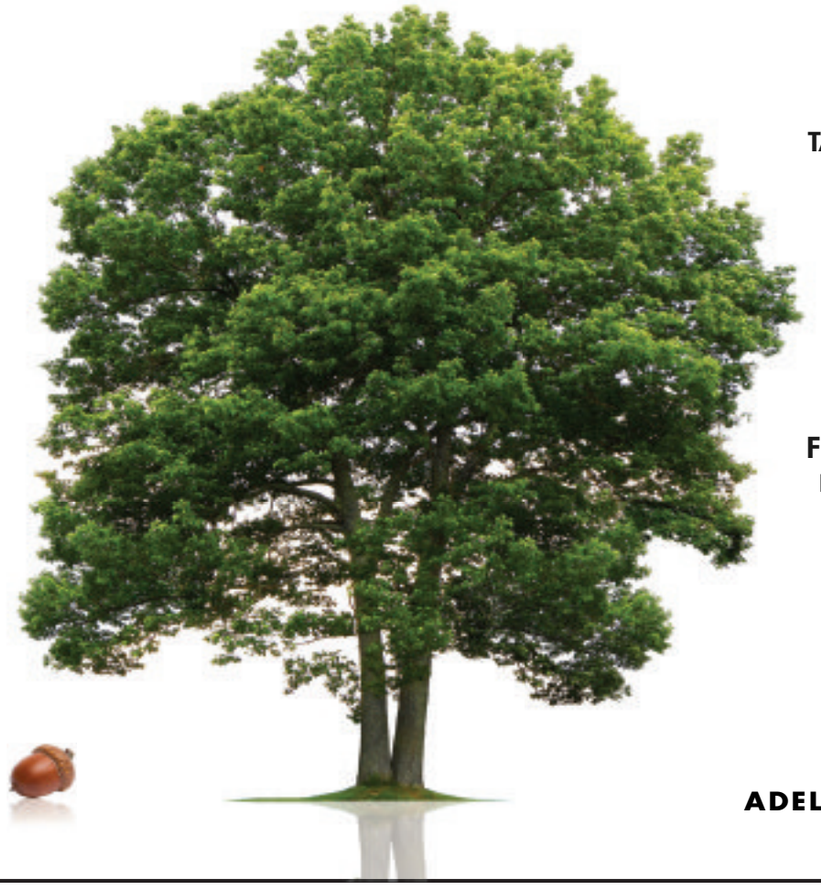
The fast-moving trial in Bellefonte, Pa., will resume after the prosecution wrapped up four days of testimony on Thursday and Judge John Cleland gave jurors Friday off.

Defense attorney Joe Amendola told the Centre County Court in his opening statement he faced a daunting task because the 68-year-old coach had undergone a "tidal wave" of negative publicity.

Last week's testimony did nothing to make Amendola's job easier. Eight accusers aged from 18 to 28 gave accounts of alleged abuse ranging from groping and showers in Penn State lockers to anal and oral sex.

In addition to the alleged victims' testimony, Penn State coach Mike McQueary and a janitor testified they saw Sandusky with boys in Penn State showers two separate times.

Sandusky faces 52 counts of sexual abuse of 10 boys. He could be sentenced to more than 500 years in prison if convicted. **REUTERS**



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Housing starts probably rose in May: Survey

The U.S. housing market in May probably managed to sustain recent gains, driven by low prices and borrowing costs, economists said before reports due out this week.

Home starts climbed 0.4 percent last month to a 720,000 annual pace, matching January as the fastest since October 2008, according to the median estimate of 64 economists surveyed by Bloomberg News before a Commerce Department report June 19. Sales of previously owned houses held near the highest level in almost two years, another report may show. **BLOOMBERG**

Obama backs envoy nominee despite affair revelations

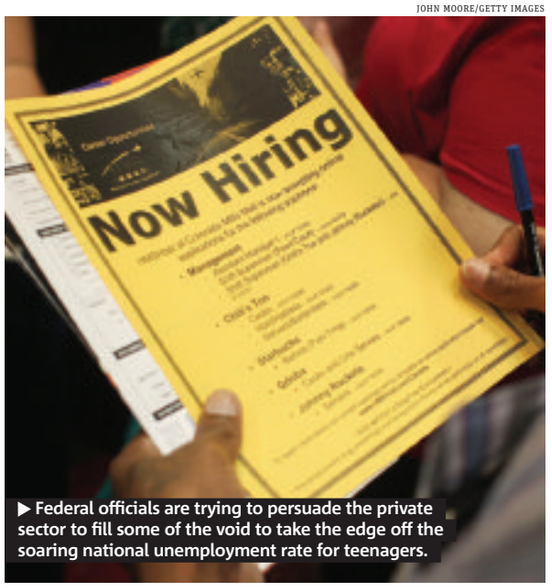
President Barack Obama has no plans to withdraw Brett McGurk's nomination to be U.S. ambassador to Iraq, despite Republican demands after revelations that the nominee had engaged in an extra-marital affair with a journalist whom he later married, the White House said yesterday.

Six of the nine Republican members of the Senate Foreign Relations Committee wrote to Obama last week requesting a new choice to head the huge U.S. embassy in Baghdad.

Asked on the CNN program "State of the Union" whether Obama had any plans to withdraw the nomination, senior White House adviser David Plouffe said, "No. We've made this nomination and we think he will ably serve as ambassador." **REUTERS**

Sad summer in the city seen for job-hunting teens

JOHN MOORE/GETTY IMAGES



▶ Federal officials are trying to persuade the private sector to fill some of the void to take the edge off the soaring national unemployment rate for teenagers.

Job-hunting teenagers in cities across the United States face the third bleak summer in a row. They must compete for scarce slots in scaled-back government work programs and against adults forced into low-paying positions by the unemployment crisis.

The harsh summer job market for teens is compounded by this: The country has recovered only half the jobs lost from December 2007 through June 2009, the worst recession in 70 years.

Teens — often the last hired and first fired — suffered the toughest summers on the job front since World War II in 2010 and 2011. This summer, the outlook is chilly — again.

In April, the U.S. unemployment rate for 16- to 19-year-olds was 24.9 percent, and much higher in some major metropolitan areas.

"What I would ask people to think about is: Who gave you your first work experience? Almost every one of us had a break to get their first job, and that work experience is essential to get your second and third job," said Larry Frank, Los Angeles deputy mayor of neighborhood and community services.

Los Angeles — with the help of federal stimulus money — created around 15,000 summer jobs for teenagers in 2009 and 2010. But as the federal program ended, that was slashed to about 6,000 in 2011. It will not rise this year.

It's a similar story in other major cities.

New York City had 52,000 summer jobs for teens in 2009. Now the program is half that size. It has five applicants for every job. **REUTERS**

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Greek pro-bailout parties set to win ruling majority

Parties committed to Greece's bailout were on course to secure a parliamentary majority yesterday and the radical leftists who had vied for first place conceded defeat in an election that could keep the debt-laden country in the euro zone.

An official projection released by the interior ministry showed conservative New Democracy taking 29.5 percent, with the radical leftist SYRIZA bloc just behind on 27.1. The PASOK Socialists were set to take 12.3 percent of the vote.

Because of a 50-seat bonus given to the party which comes first, that result would give New Democracy and PASOK 161 seats in the 300-seat parliament, in an alliance committed to a 130 billion euro ($164 billion) EU/IMF bailout keeping the country from bankruptcy.

"I am relieved," said smiling New Democracy leader Antonis Samaras, leaving his office to joyous chants from supporters.

Samaras said in a speech that the country would honor its commitments to its euro zone partners.

SYRIZA leader Alexis Tsipras, a 37-year-old former communist who has shot from obscurity to global celebrity in a matter of weeks, called Samaras to concede defeat, a SYRIZA spokesman told Reuters.

The result, however, exposed a deeply divided society, and could leave an emboldened SYRIZA leading new protests against a coalition governing with significantly less than 50 percent of the electorate's support. **REUTERS**

ANDREAS SOLARO/AFP/GETTY IMAGES

▶ New Democracy party leader, Antonis Samaras, waves to supporters as he leaves a press conference at the Zappion Hall in central Athens yesterday after his party came first in Greece's national election.

Central banks prepare for turmoil after Greek vote

Central banks from Tokyo to London checked their ammunition on Friday in preparation for any turmoil from Greece's election, with the European Central Bank hinting at an interest rate cut and Britain set to open its coffers.

Tensions were high about how to manage the euro zone's debt crisis — epitomized by Greece's bankruptcy and need for international aid — and a rare fight broke out between Germany and France, normally the glue that keeps the bloc together.

German Chancellor Angela Merkel criticized France's economic performance, effectively taking a swipe at Socialist President Francois Hollande who has called for more emphasis on economic growth and less on budget austerity. **REUTERS**

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The panel will feature:
Philip Friedlander, MD, PhD; Ellen Marmur, MD; Yvonne Saenger, MD; Joshua Brody, MD; Alex Rothwell, RD, CDN; Meredith Ruden, LMSW
This program is sponsored by the Melanoma Medical Oncology Program at Mount Sinai Hospital. It is designed to educate people who developed early stage or advanced melanoma, their family members, and anyone else interested in learning more about this disease.
Date: Thursday, June 21st, 2012
Time: 6:30 PM–8:00 PM
Location: Mount Sinai Medical Center
Entrances at 1190 Fifth Avenue (at E. 101st Street) and 1468 Madison Avenue (at E. 100th Street)
Guggenheim Pavilion 2nd floor, Room 2A
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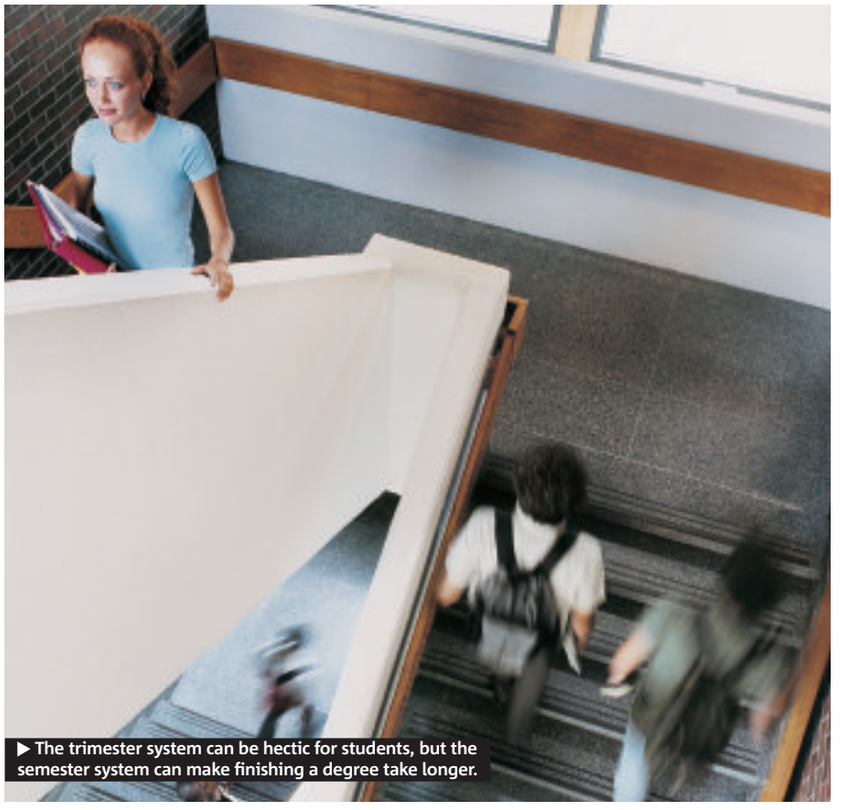

▶ The trimester system can be hectic for students, but the semester system can make finishing a degree take longer.

Trimesters or semesters: What works best for students?

With growing concern over transferability, colleges are considering a standard schedule We asked two administrators to stick up for their preferred academic calendar Benefits and drawbacks of each system

In defense of the trimester ...

Stuart J. Lipper is the dean of the graduate school of business administration at Fordham University in New York City.

How did Fordham arrive at a trimester system?
The MBA has always been the largest master's program at Fordham, and it was largely a part-time program. We wanted to make it as flexible as possible for people that had to work. But we're not keeping it because 'this is the way it's always been done.' Current students like the flexibility.
What are the drawbacks?
It makes the jobs of administrators a bit crazy. It can be hectic for students, too: Sometimes the semester ends on Friday and the new one starts on Monday. There's not a lot of downtime.
But you also complete the degree faster.
That's the ultimate goal. Full-time students can usually go through a program reasonably quickly. But in this program, part-time students can finish in three years.

In defense of the semester ...

Kate Lehman is the assistant dean for student success at Otterbein University in Westerville, Ohio.

How did Otterbein University arrive at a semester system?
We just switched from trimesters to semesters. We are placing an emphasis on experiential education — learning through real-world situations. Our faculty felt that semesters were better suited to this due to the extended time in a term.
What are the drawbacks?
Some students like a shorter term so they can experience more topics over time. The sheer number of classes is fewer when you have fewer terms.
Do trimesters work better for grad students, because they are typically more interested in finishing sooner?
Grad students take more summer courses than undergrads, and some of that is regardless of the calendar you're operating under. But, yes, graduate students are more interested in going to school year-round.

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Biosensors to monitor students' attentiveness

▶ Is he paying attention? Soon we'll be able to know for sure.

The Bill & Melinda Gates Foundation is pushing to develop an "engagement pedometer." Biometric devices wrapped around the wrists of students would identify which classroom moments excite and interest them — and which fall flat.

The foundation has given $1.4 million in grants to several university researchers to begin testing the devices in middle-school classrooms this fall.

The biometric bracelets send a small current across the skin and then measure subtle changes in electrical charges as the sympathetic nervous system responds to stimuli.

Quoted

"They should devote more time to improving the substance of what is being taught. ... And give up all this measurement mania."

DIANE RAVITCH, ON ELECTRONICALLY MONITORING MIDDLE SCHOOL STUDENTS

Gates officials hope the devices, known as Q Sensors, can become a common classroom tool, enabling teachers to see, in real time, which kids are tuned in and which are zoned out.

Existing measures of student engagement, such as videotaping classes for expert review or simply asking kids what they liked in a lesson, "only get us so far," said Debbie Robinson, a spokeswoman for the Gates Foundation. To truly improve teaching and learning, she said, "we need universal, valid, reliable and practical instruments" such as the biosensors.

Skeptics aren't so sure. They call the technology creepy and say good teachers already know when their students are engaged. Plus, they say it's absurd to think spikes in teenagers' emotional arousal necessarily correspond to learning.

"In high school biology I didn't learn a thing all year, but boy was I stimulated. The girl who sat next to me was gorgeous. Just gorgeous," said Arthur Goldstein, a veteran English teacher in New York City who has long been critical of Gates-funded education reform.

Still, if the technology proves reliable, it may in the future be used to assess teachers. That alarms some educators who have long been critical of the Gates Foundation's efforts to boil down effective teaching to an algorithm.

"They should devote more time to improving the substance of what is being taught ... and give up all this measurement mania," said Diane Ravitch, an education professor at New York University. **REUTERS**

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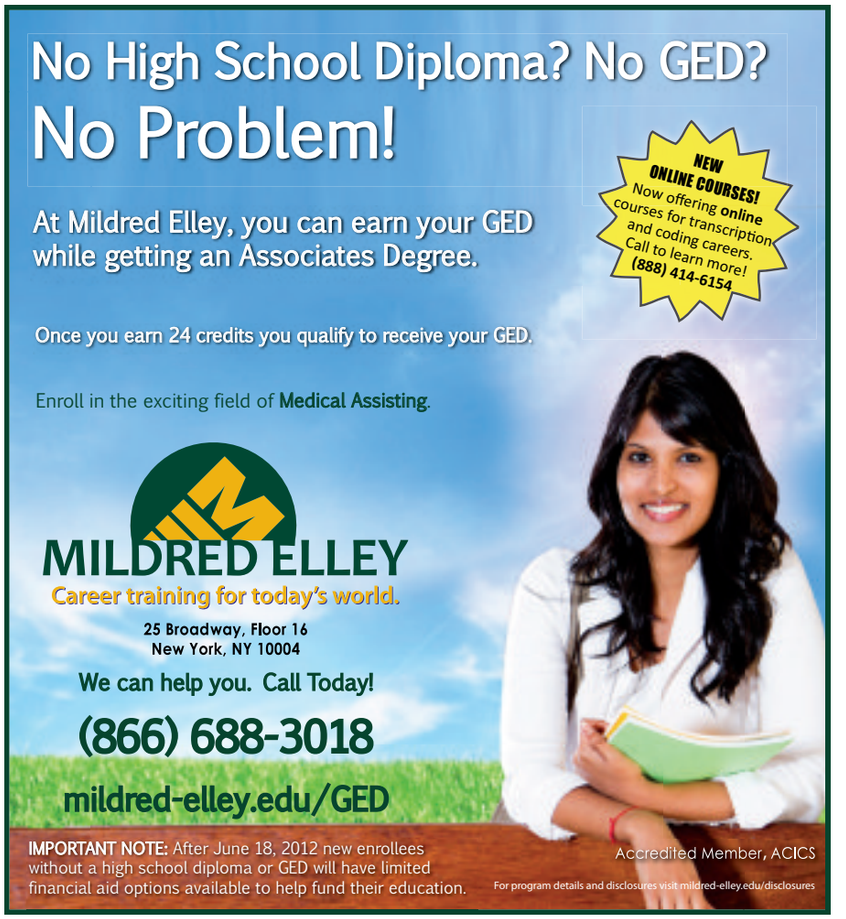
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myentertainment

THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

Sugar and Spice and not everything nice

VICTOR MALAFRONTE/GETTY IMAGES

▶ Gotta get with their friends: From left, Victoria Beckham (Posh Spice), Geri Halliwell (Ginger Spice), Mel B (Scary Spice), Emma Bunton (Baby Spice) and Mel C (Sporty Spice).

In the spirit of unnecessarily igniting a conspiracy theory: We believe that America made an agreement with Britain after the Revolutionary War, which said although we are free from the king's rule, we have to pretend to be interested in things like royal gossip and pasty pop stars who are past their prime. Toward that clause, the Daily Mirror is reporting that TV producers are trying to finish a "warts and all" documentary of the **Spice Girls**. Everybody is on board, except the one who continues to be famous without pretending her last name is Spice, which would be **Victoria "Posh Spice" Beckham**. To refresh your memory, the other members are **Mel B** (Scary Spice, aka the one who claims she's **Eddie Murphy**'s baby mama), **Geri Halliwell** (Ginger Spice), **Emma Bunton** (Baby Spice) and **Mel C** (Sporty Spice, aka the only one who could actually sing). So after Posh went and married a soccer star, she hasn't had time to sit down for the one-on-one interviews that all the other members have had plenty of time to do. The plan is for this doc to coincide with something else we'll pretend to care about, a Spice Girls musical, which premieres in the West End in December.

— Today's Word was written by Pat Healy and Meredith Engel

The feed ...

▶ **Checking in with some of Hollywood's biggest names to see what they've been up to this past weekend — in their own words, in 140 characters or fewer.**

This weekend, Joan Rivers was celebrating achievements, Michael Chiklis was going to be a bit late and Seth MacFarlane wasn't over "Indiana Jones and the Temple of Doom" just yet.

@Joan_Rivers
A high-school dropout has received an honorary diploma at age 97. If her parents were alive to buy her a car, it would have been a hearse.

@MichaelChiklis
LA traffic can be worse than the 7th circle of hell! Help! I'm so f-ing trapped!

@SethMacFarlane
I bet China is still secretly mad at us for letting Short Round happen.

Emily Maynard: 'A bit of a diva'

"Bachelorette" star **Emily Maynard** may be all sweet and innocent onscreen, but what about in real life?

Us Weekly is claiming that Emily is "butting heads" with her daughter's grandparents over her move to star in Season 8 of the ABC juggernaut. Emily's daughter is from a union with her late fiance, race car driver **Rick Hendrick**, who died in a 2004 plane crash.

"When Emily went on 'The Bachelor,' they weren't pleased, but they supported her," a source tells Us Weekly of Hendrick's parents. But now that Emily's making the picks as "The Bachelorette," the source says, "they're not speaking. They don't want their grandchild in the spotlight. They are private people."

For her part, Maynard got the camera crews to come to her hometown of Charlotte, N.C., for the series — forgoing the traditional "Bachelor" mansion in L.A. — supposedly as an olive branch to her would-be in-laws. But a source close to the reality star says her reputation follows her now that she's doing the dumping.

As she took the reins on "The Bachelorette," "She knew she was the star, so she became a bit of a diva," the source tells the mag. "She is painted in this Mother Teresa light. She is a nice girl, but she isn't as good as she's made out to be."

Octomom story gets 'a little crazy'

Nadya Suleman, the woman who gained national attention in 2009 for successfully releasing eight children from her womb in one day, was scheduled to dance nude in front of people next month. But according to TMZ, Suleman got upset when she saw that the other professional strippers at the West Palm Beach, Fla., club where she was going to shake her thang had called her "a little crazy." But the club has informed her that if she doesn't perform, they will sue. TMZ reports that Suleman's rep says, "Nadya felt defamed and was in fear for her life to step into a club where they have already set a negative tone." In fear for her life? Since when does calling another person "a little crazy" count as a death threat? If that's the case, there may be a few restraining orders issued against The Word soon.

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LIONSGATE PUBLICITY; OTHER PHOTOS: GETTY IMAGES

Metro summer crush report

We spend a lot of time scrolling through celebrity photo galleries for your enjoyment. But today, readers, this one is all for us. Here's who we wish would stop by the Metro offices this summer:

1. K.Michelle had a hit in 2010 with "I Can't Do This," which would not be something this writer would ever say if K.Michelle stopped by the office. The singer, who is part of the VH1 show, "Love & Hip Hop: Atlanta," which premieres tonight, is curvy in all of the right places. **PAT HEALY**

2. Not only is **Annie Clark** (aka **St. Vincent**) incredibly talented at making off-kilter pop, she shreds on tear-your-throat-out covers of Big Black. **HEIDI PATALANO**

3. While **Shannyn Sossamon** isn't starring in anything this summer, she is sporting a star on her face in this picture from 2005, so that works, right? For now, get your Shannyn fix in the upcoming video game "Hitman: Absolution." **JIM FENNER**

4. Azealia Banks had me at "I'm-a eat ya food up, boo," in her self-dedicated anthem, "212." The Harlem-based rapper will be touring Europe all summer, but she left us with a sexy EP, "1991" (as in the year she was born)(!). **REBECCA FINKEL**

5. There's a reason **Zac Efron**'s sparkly blue eyes are in these pages so often — and it's certainly not because he gives great quotes or stars in films we're not paid enough to sit through. **MONICA WEYMOUTH**

6. A theory on what made the "Mad Men" Season 5 finale so lackluster: not enough Ginsberg screen time. That adorable printed tie says it all, **Ben Feldman**. **GINA ANGELOTTI**

7. British actor **Tom Hardy** is known for the quiet fierceness he brings to roles (see: "Tinker Tailor Soldier Spy") and his "Warrior" muscles. He'll be showing off his acting chops — and giant arms — this summer as bad guy Bane in "The Dark Knight Rises." **AMBER RAY**

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Sandler finally gets R-rated

- The 'That's My Boy' star is making his first foray into adult comedy
- Sandler reflects on 'Saturday Night Live' and leaving the show behind

NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

Folks who aren't the biggest fans of Adam Sandler's brand of humor might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, "That's My Boy," that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him: In the past five years, only two films starring Sandler — the drama "Funny People" and last year's dismal "Jack and Jill" — have grossed less than $100 million at the U.S. box office. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated "That's My Boy" was purely motivated by the story itself. "It was just a funny script. ... [Andy] Samberg actually called me up and told me that he liked it, and that got me excited. That's it."

But certainly, for Sandler, that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like "The Hangover" and "Bridesmaids." For a man that's made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. ... My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then my father passed away, and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness. Sit and enjoy it.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if "That's My Boy" performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "I don't know what I'm doing next. I never know what's coming next. I definitely yell at people in my life going, 'What the f— am I doing next?' a lot."

SONY PICTURES PUBLICITY

▶ Like father, like son: Andy Samberg, left, and Adam Sandler star in "That's My Boy."

SNL memories

Co-starring with Andy Samberg — who recently announced his departure from "Saturday Night Live" — gave "SNL" alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. 'SNL' is a home," Sandler says. "When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

As for what advice he has for Samberg, Sandler warns that the hardest part will come this fall when 'SNL' returns without him. "I remember watching the show after I left and I was like, 'Oh s—, they can do it without me! That hurts,'" he says.

Box Office

Animated 'Madagascar 3' cruises to box office win

Animated family movie "Madagascar 3: Europe's Most Wanted" beat sci-fi thriller "Prometheus" to the top of weekend box office charts with $60.4 million in the United States and Canada, according to studio estimates released on Sunday.

"Prometheus," an effects-filled film from "Alien" director Ridley Scott about a team of explorers who discover a clue to the origins of mankind, pulled in $50 million to finish second.

In third place was action-filled "Snow White and the Huntsman," which sold more than $23 million of tickets, bringing its U.S. and Canadian box office total to nearly $98.5 million since its debut last weekend.

Viacom Inc.'s Paramount Pictures released "Madagascar 3." News Corp. unit 20th Century Fox distributed "Prometheus." "Snow White" was released by Universal Studios, a unit of Comcast Corp.

REUTERS

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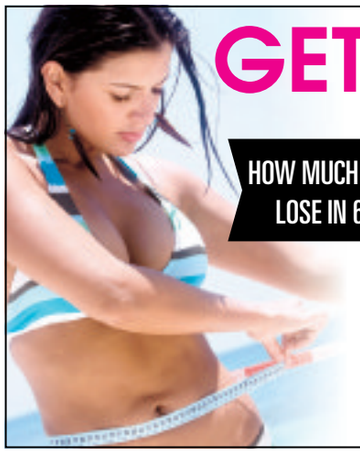

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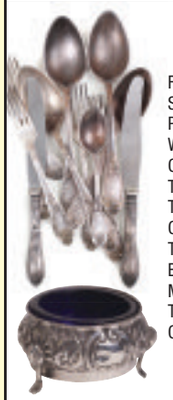

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'PUBERTY ON STEROIDS'

Actor Connor Jessup, about to graduate high school, explains the evolution of his character in the new season of 'Falling Skies'

BENNY HADDAD

▶ "Falling Skies" airs Sundays on TNT at 9 p.m.

June is a big month for Canadian actor Connor Jessup, to put it lightly. First off, he's finishing high school, and later this month he turns 18. On top of all that, Jessup gets to celebrate the second season premiere of TNT's science-fiction series "Falling Skies," in which his character, Ben Mason, plays a much bigger role than in the first season.

It must be stressful trying to juggle promoting a TV show and finishing high school.

Yeah. It's less stressful than trying to juggle shooting the show and finishing high school, which was basically impossible to do. So now I'm suffering for the time I spent shooting, trying to catch up with everything. I graduate the day before my 18th birthday, so it's very exciting.

Your character gets a lot more to do on the show this year.

Last season, Ben was the guy who stayed back and didn't go out on any fights. He was more passive, more bookish. He was less involved in the actual action of the show. Between seasons one and two, there's a time gap of three months, and in that time he's become a fighter. He's become much more aggressive. He's become very angry because he thinks his dad is gone and probably dead, he's lost a lot of people in these various battles. He's become much colder and more distant. When the season takes off, he's fighting. He's very angry at the aliens, but a lot of that anger is a manifestation of his own fear and confusion. I like to describe it as puberty on steroids — he doesn't know what's happening to him, there's a lot happening to his body, to his emotions, and he's trying to deal with them through angst and violence and aggressiveness. But also this season Ben plays a much more central role in the mystery of the show.

What was your reaction when you heard how much more you'd have to do?

It happened in stages. We found out that the show was getting picked up for a second season in July, almost a few weeks after it aired, but I didn't hear anything after that about what the season was about, about what was happening, until September, which was only three or four weeks before we started shooting. So it's mid-September and I get a phone call from one of our executive producers and directors, Greg Beeman. I love him a lot, but he has a very succinct way of talking. He gets right to the point. He just said, "You're going to be an action hero. Buff up" and hung up, pretty much.

Fully armed

Aside from a lot of time in the gym, you had to do some weapons training as well.

Last year, I was always very envious of the other cast members with their AK-47s and their pistols and grenade launchers and all those things. I was always hoping that I could use one. I always thought that it was a distant possibility, but sure enough my character, beyond just using one, always has one now. ... You get to pick your weapon in the show, so the guns end up reflecting the characters.

NED EHRBAR

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TV watch list

VH1

▶ Rasheeda and Lil Scrappy star in "Love & Hip Hop: Atlanta."

'Love & Hip Hop: Atlanta'

REALITY. VH1 heads to the dirty South to tell the tale of up-and-coming rappers and their fidelity-challenged relationships. Juggling kids, houses and spouses with partying is not easy for these rising stars. **Season premiere, 8 p.m., VH1**

'The Glass House'

REALITY. As a take on "Big Brother," this reality show features 14 strangers living in a house made of glass. In this case, though, Big Brother isn't just watching you — he's choosing your every move. Viewers will decide what the contestants wear, where they sleep, what they eat and who is evicted from the house weekly. **Season premiere, 10 p.m., ABC**

'American Ninja Warrior'

SPORTS. Get your Monday night adrenaline rush with the top 30 finishers in the regional finals round of this competition. While comedian Matt Iseman and Olympic Gold Medalist Jonny Moseley report on the action, watch from the comfort of your home. **9 p.m., NBC**

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Rich Sommer goes from Harry Crane to 'Harvey'

The 'Mad Men' star on returning to New York, riding the subway and what's next on the AMC series

His beef with Metro

"When I was temping in Times Square, I always read Metro, so I was excited when I got this call. The one decision Metro made that I have a problem with — now, it's been many years — there was a comic strip by a guy named Tony Murphy, and man, I loved that comic strip. I read it every day. And then one day, there was a little thing saying this would be the last. And I was like, 'S—!' My ride in the morning to my soul-sucking temp job was a little less fun."

MEREDITH ENGEL
meredith.engel@metro.us

GETTY IMAGES

▶ Rich Sommer plays an orderly in "Harvey," running through Aug. 5 at Studio 54 (254 West 54th St.). For tickets, visit www.roundabouttheatre.org.

Minnesota-born Rich Sommer, known to TV fans as the bumbling Harry Crane on "Mad Men," is putting aside his trademark glasses for his Broadway debut, opposite another TV regular, Jim Parsons of "The Big Bang Theory," in the Broadway revival of "Harvey." Sommer plays an orderly tasked with restraining Parsons' character, Elwood, who's there because his best friend just happens to be a giant invisible rabbit.

So you're not taking any sort of summer vacation off from "Mad Men," I guess?

This is it, yeah, although it's not a bad way to spend a summer. It's been nice getting time to hang out now that rehearsals have backed off a little bit. I'm getting pretty exhausted. But it's all right — I really don't have much to complain about.

You did some improv in New York before "Mad Men." What's it like to come back to the New York stage?

Coming back to New York has been a dream. We're in Chelsea right now for the summer, which is very different from almost the Ditmars stop in Astoria. I have not done a play since grad school, so this is my first time onstage in eight years. I've learned I've become incredibly lazy. [In TV] you can learn that day's scenes in the morning and then you can forget them for the rest of your life. And that is not how this works. It's taken a lot of reminding myself to be focused and dedicated to working on it.

Did you know Jim Parsons before you started working together?

I did not. We maybe had lunch, maybe shook hands somewhere, but I don't even know that that happened. I saw him win his Emmys, but I don't think we ever met face to face.

He's extremely well-mannered in "Harvey." What's he like in real life?

You know, he said this the other day: He feels Elwood has infected him, and he said it'll be interesting to see what happens when the run is over. But I can say he is just as lovely and charming as Elwood is.

As a kid, did you have an imaginary friend, like Elwood does with Harvey?

I kind of wish I had — it sounds very fun. But no, I didn't really. We moved from Minnesota when I was 8, and I almost immediately met the guy who would go on to be my best friend over time. We lived on the same street growing up, and lived together all four years of college, and he was here just last week to see the show.

Let's talk about "Mad Men." What can we expect in the aftermath of Lane's death?

You can see in this moment that Don's been through this before. It happened to his brother, essentially. Not the same way, but he's got two men that he was the last person to give him the advice to go away, basically. And this is how they dealt with it. So, I mean, that's gonna affect someone.

Does it ever get annoying to constantly be referred to as the series' comic relief?

No, I don't know how that could be annoying. I am delighted to be able to get the lines they give me. And also for all the comic relief Harry is, I think if you weigh his comedic moments against his dramatic moments, comedy definitely wins, but they also do give Harry these great little interactions. So yes, I don't mind at all being the comic relief, especially when they pay that off with genuine, honest moments.

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Yoga pose

One-Legged King Pigeon Pose II

▶ **Begin on all fours with your knees directly below your hips and your hands slightly ahead of your shoulders.** Slide your right knee forward to the back of your right wrist — and at the same time, angle your right shin under your torso, bringing your right foot to the front of your left knee. The outside of your right shin should be resting on the floor. Slowly slide your left leg back, straightening the knee and descending the front of the thigh to the floor. Lower the outside of your right buttock to the floor. Position the right heel just in front of the left hip.

▶ **Exhale and lay your torso down on the inner right thigh for a few breaths.** Stretch your arms forward.

▶ **Slide your hands back toward the front shin and push your fingertips firmly to the floor.** Lift your torso away from the thigh. Lengthen the lower back by pressing your tailbone down and forward — and at the same time, lift your pubic bone toward the navel. Roll your left hip point toward the right heel and lengthen the left front groin.

▶ **Bring your hands to the top rim of your pelvis.** Push heavily down and lift the lower rim of your rib cage. Without shortening the back of your neck, drop your head back. Push the top of your sternum straight up toward the ceiling.

▶ **With your hands braced on the floor, bend the back knee and bring the foot as close to the top of your head as possible.** Inhale and stretch the right arm upward, then exhale, bend the elbow and reach back to grasp the inside of the left foot. Draw the sole of your foot as close as possible to the crown of your head. Hold for 30 seconds.

▶ **Release the foot and lower the leg.** Switch legs to repeat on the opposite side.

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—Kristin McGee is a celebrity yoga & Pilates instructor. Check out her new app on iTunes, and visit her website at www.kristinmcgee.com.

We bet pigeons never get to experience a stretch this deep.

Correction

In Friday's Metro, an incorrect Web address was listed for the Facebook chat with Emeril Lagasse taking place on June 28. The correct site is www.facebook.com/emerilscooking.

HOWARD LEE PUCKETT

▶ Sorry Emeril — our bam! Er, "bad."

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3 Tips for getting out of a funk

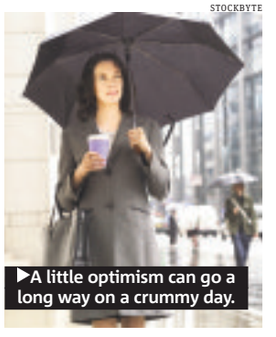
Zen in the city

GABRIELLE BERNSTEIN

WWW.GABBYB.TV

Some days we can be caught in a gloomy funk with no clear way out. But being in a bad mood isn't the issue: It's how we handle it that is. A typical response to a bad mood is to try to force it to stop, but controlling your mood can actually make you feel worse. Instead of swimming against the stream, swim with it. Learn to let your mood pass with these simple steps.

Step 1: Honor how you feel
The first step toward getting out of a bad mood is to honor your emotions. Find a comfortable, quiet space and sit for one minute of stillness. Become aware of how your mood is affecting you physically. Identify the tension in your body and take five deep breaths in and out. Breathe into the discomfort and allow yourself to be present in the experience. This step will help you accept whatever it is that you're feeling.



STOCKBYTE

▶A little optimism can go a long way on a crummy day.

Step 2: Flow with it
Now that you're aware of how your mood feels in your body, it's time to just flow with it. Take action by doing some kind of physical activity, like dancing, running or stretching. Move with your emotions, and eventually they will move through you.

Step 3: Choose to let it go
Often we get stuck in a bad mood because we're unwilling to let go of negative thoughts. Now that you've taken steps to shift your energy, it's time to shift your mind. Commit to letting go of your bad mood through the power of positive thinking. Set your alarm clock with the affirmation, "I choose happiness instead of this." Set this alarm four times throughout the day. When the alarm goes off, recite the affirmation in your mind. Continue this step throughout the day. Your mental commitment combined with your breath can create miraculous shifts.

Use these three steps any time you're in a funky mood, and trust that swimming with the stream will always lead you in the right direction.

*— **Gabrielle Bernstein** is the author of "Spirit Junkie."*

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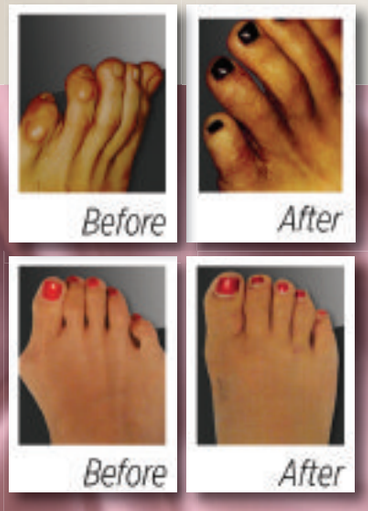

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How office gossip can hurt your job

STOCKBYTE

▶ Gossip can negatively affect everyone at the office.

Expert tip

▶ **Encourage more positive conversations:** In order to create a positive work environment, spread company victories and public news instead of secrets. Try taking the lead and sharing positive information with your colleagues, and they might follow.

Advice

DAN SCHAWBEL
PERSONALBRANDINGBLOG.COM

A new Georgia Tech study by Eric Gilbert examined 600,000 e-mails from an Enron database and found that 15 percent were gossip e-mails. Gossip affects all employees, from the entry-level worker to the CEO. The average employee sends 112 e-mails each day. The number of e-mails and the amount of gossip will only grow, due to how connected we are as a society. Office gossip can hurt your career if you aren't smart about it, because your co-workers could see you as dishonest and untrustworthy. When you're building your career, you want to have a positive effect on the people around you so that they want to work with you, not against you. Here are three ways to handle office gossip:

Know the facts: Figure out if the gossip has fact to it or not. Without mentioning names, ask the people around you if there is any truth to the e-mail or not. This way, you can assess whether it affects you or if it was just written to get attention.

Know your limits: Many of us use gossip to build trust and forge relationships with our colleagues. If you find yourself spreading gossip, try and remove yourself from those types of conversations the best you can. For instance, don't go to the next happy hour with your colleagues.

Ignore it completely: Understand that any e-mail you send can be easily forwarded to one or more people within seconds. It's much better to not get involved in office gossip altogether, because the talk can come back to you. You don't want people saying bad things about you when you're trying to build a career.

*– **Dan Schawbel** is the founder of Millennial Branding, a Gen-Y research and consulting company. Subscribe to his updates at Facebook.com/DanSchawbel.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Career advice

From one job to another: Back to work after baby

STOCKBYTE

▶ New mothers may not want to jump right back into the grind.

Whether you're going back to work right after maternity leave or after years of raising children, returning to the workplace is a move that requires preparation.

If you took years off to stay at home with the kids, the prospect of a new job can be nervewracking. The key to beating those butterflies is confidence. "The biggest challenge we see for moms re-entering the workforce is projecting confidence in what they have accomplished professionally," says Allison O'Kelly, founder and CEO of Mom Corps. "Look at your résumé and see the impressive work you've done. Talk with a former colleague and ask how they would describe you in a professional environment."

New moms might want to consider a slow approach. "Many new mothers go from a 6- or 9-week maternity leave to a full-on 9 to 5 work schedule," explains advice columnist April Masini of Askapril.com. "Even if it means cutting your maternity leave short, it's a good idea to start with a week of half-days before coming back to work full-time. This gives your mind and your body — and your heart — a transition phase to get used to the change in schedule."

Whatever your position, don't sweat the return to work. Linda Descano, president and CEO of Women & Co., suggests enjoying the time you have before getting back to the grind. "Keep in mind that the anticipation of returning to work can sometimes be worse than actually being at the office. It's totally normal to miss your little one terribly on that first day back — but a lot of moms have told me that their return to work isn't nearly as bad as they thought it would be," says Descano.

JULIA WEST

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Letters

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Baseball's cheaters need to face justice

If cyclist Lance Armstrong is found guilty of taking performance-enhancing drugs, his record-breaking achievements should be erased. The same should be done with baseball's Mark McGwire and Barry Bonds, both of whom should qualify for the same sad ending to their careers. End of story!
HERB STARK, MASSAPEQUA

Why so scared of the rich, America?

The convoluted logic of many Americans who are obsessed with the rich is scary. What can the rich do wrong with their money? What? Invest it? Spend it? Burn it? Some of you want the government to hire more people to spend the money of the rich. Yet you are clueless that America is only second to Japan in corporate taxes, which makes smart businessmen want to pay their taxes elsewhere. Obama ignores the fact that raising capital gains reduces overall tax revenues because "it isn't fair!" Our government is a cancer, continuing to grow, its cells interfering with healthy capitalist cells. **JOSEPH DUPONT, VIA E-MAIL**

On immigration: Obama goes too far

President Obama has just announced a new immigration policy that would give young people who are here illegally by no fault of their own and have committed no crimes a chance to stay in America. They will be able to study and to work here and would receive a green card and not fear deportation. The president said it was "the right thing to do." I applaud his sentiments, but he is going the wrong way about this issue — and that, I find most disturbing. President Obama has said in the past that only Congress has the power to enact such a policy through legislation. Now what has changed? Oh I know, this is an election year for the president. In my opinion, I feel that President Obama is not following the Constitution by side-stepping Congress. President Obama needs to review the Constitution and especially Article II, Section 1, the president's oath of office. I think the president should be more concerned with the U.S. workers who need jobs than those who are here illegally.
FREDERICK R. BEDELL JR., GLEN OAKS VILLAGE

This Federal Administration is out of control. Obama circumvents Congress to make his own laws allowing regulations on the citizens, enacting hidden taxes on the people, gun running to Mexican drug gangs, discriminating against his opponents (by party, race, business or organization), leaking national secrets, turning our allies against us and jeopardizing lives of our front-line operatives, stonewalling congressional investigations and generally disturbing the moral social makeup of America by bending over for the perverts and racists out there, allowing immigrants a free ride over citizens and interfering with our churches. What's wrong with citizens who support a creep like this president is?
JOHN E. BEVAN, VIA E-MAIL

It has been said that a nation can survive its fools, but not treason from within. President Obama's flouting of immigration laws, in my opinion, borders on treason.
DAVID HAMMER, BRONX

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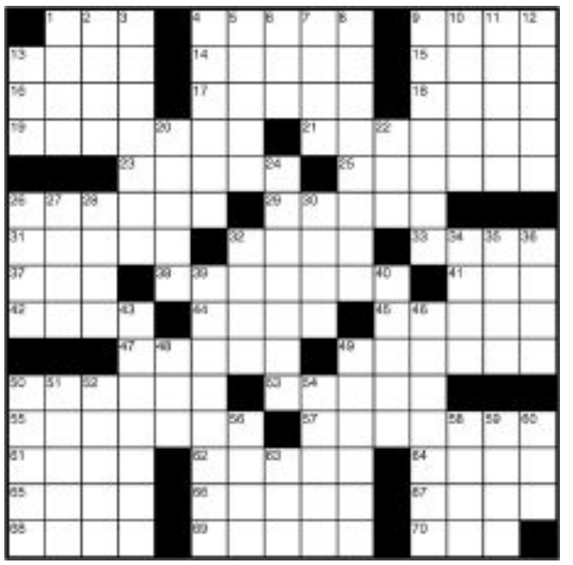
Please include your name and contact information.

Horoscope

♊ Gemini **May 21-June 20.** When in a position of authority, you should be extremely careful not to abuse the powers of office. If you do, things will work against you.
♋ Cancer **June 21-July 22.** Resurrecting an issue that angered you in the past regarding a person who's involved in your immediate plans could cause you unnecessary problems. Let sleeping dogs lie.
♌ Leo **July 23-Aug. 22.** Most financial affairs tend to be rather uncertain right now, so if you have anything in this area going on, it might be best not to involve any of your friends. You'll be blamed if they end up in the red.
♍ Virgo **Aug. 23-Sept. 22.** Because you always want things to be perfect, sometimes you're inclined to do things the hard way instead of taking the more efficient way out. This might be one of those days.
♎ Libra **Sept. 23-Oct. 23.** Regardless of your good intentions, it's best to stay out of affairs that don't concern you. Instead of providing help, you could muddy the waters further.
♏ Scorpio **Oct. 24-Nov. 22.** It isn't such a good idea to get someone you know socially to intervene on your behalf in a business matter. It could cause trouble for him or her and cause awkwardness for you.
♐ Sagittarius **Nov. 23-Dec. 21.** Make certain that you're diplomatic and fair in handling those you have some authority over. If you single out one person to blame and ignore the others, there will be trouble.
♑ Capricorn **Dec. 22-Jan. 19.** Be organized in the ways you intend to fulfill your ambitions. Don't give up a known value in hopes of getting something of uncertain or mysterious worth.
♒ Aquarius **Jan. 20-Feb. 19.** Suppress any of your possessive tendencies for the time being. If you discover you've behaved badly, the fuss you make to correct matters likely won't soothe the feelings of the people you hurt.
♓ Pisces **Feb. 20-March 20.** Before extending to a friend an impromptu invitation to come to your place, check with the family first to make sure they haven't made conflicting plans.
♈ Aries **March 21-April 19.** In order to perform at your best, handle things one step at a time. Trying to rush a job is likely to greatly reduce your efficiency and slow you down.
♉ Taurus **April 20-May 20.** Don't allow a contest to form between your prudent judgment and your extravagant impulses. If you feel pulled in those two directions, compromise must be the watchword.
BERNICE BEDE OSOL

Across
1 Vigor's partner
4 Ringing sound
9 Plays with idly
13 Pay-stub acronym
14 Star in Orion
15 "Glad that's over!"
16 Walkie-talkie word
17 Helena rival
18 Smooth the way
19 Extreme
21 Court official
23 Snouts
25 Most appealing
26 Spin around
29 Kanga creator
31 Are
32 Chekov's crewmate
33 Wharf
37 Cooler, slangily
38 Follow, as rules (2 wds.)
41 __ kwon do
42 Jagged tear
44 Joule fractions
45 Upper-crust
47 Demean
49 Complete accord
50 Not private
53 Florentine poet
55 Slinky dresses
57 Cheer up
61 Hefner or Downs
62 Bandleader Count __
64 Paris hub
65 Moffo solo
66 Europe-Asia divider
67 Corduroy ridge
68 Fairy godmother's need
69 Plant parasites
70 Sports org.

Down
1 Brando's "__ Zapata!"
2 Kept cold
3 Yacht basins
4 Trouser feature
5 Cotton thread
6 FBI man
7 "Faint heart __ won ..."
8 Happy chorus? (2 wds.)
9 Chirped
10 Windy City airport
11 Pro votes
12 Kind of tooth
13 Debate side
20 Terra- __
22 __ and games
24 Marked by soot
26 Gym iterations
27 Strong haulers
28 Yothers of "Family Ties"
30 Seine aits
32 Round Table titles
34 He gave us a lift
35 He wrote the first history of Rome
36 Acutely perceptive
39 Surfer, to some (2 wds.)
40 Rumormonger
43 Grail seeker
46 Take a rest (2 wds.)
48 Chomped
49 Hedger's word
50 "Fiddlesticks!"
51 Lieutenant under Kirk
52 Fall to
54 Limber
56 Graceful wrap
58 Like khaki
59 She, in Seville
60 Science Guy Bill __
63 College adm. exam



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SUDOKU **LEVEL: EASY**

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1			4					5
7	5				3	6		4
4	6						9	

SUDOKU **LEVEL: HARD**

Solution to weekend's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Tomlinson to retire after 11-year career

It's now five years and counting until LaDainian Tomlinson is a Hall of Famer.

The Chargers announced yesterday morning they would re-sign Tomlinson, who would then announce his retirement after 11 seasons in the NFL. The official press conference will be today at 2 p.m.

Tomlinson, 32, played in 170 regular season games in his career, all but 29 of which came with San Diego. He joined the Jets prior to the 2010 season after being cut by the Chargers.

He finishes his career with 13,684 yards in his career, fifth all-time, and 145 rushing touchdowns, second all-time.

GETTY IMAGES

▶ Tomlinson

162 Tomlinson's 162 career TDs are third all-time, behind Jerry Rice and Emmitt Smith.

He also had 4,772 yards and 17 TDs receiving. He won the MVP in 2006 when he broke Seattle Seahawk Shaun Alexander's single-season TD record with 31 (28 rushing, three receiving).

He joined the Jets in 2010 saying he wanted to win a Super Bowl before his career ended. In his two seasons with the Jets he had 817 yards rushing and two touchdowns serving mostly as a backup.

MARK OSBORNE

PROGRESS REPORT

Minicamp is over and it's time to break down what we learned from the Jets' time in Florham Park ◐ Metro takes a look at some names to watch

Jets minicamp wrapped up last Thursday and in between Tim Tebow speculation and Darrelle Revis contract talk there were plenty of battles for important positions on the team.

Minicamp is often a chance for smaller names to get attention from the coaching staff with the veterans more of less going through the paces.

Metro takes a look at what we learned about the Jets six weeks before they head to training camp in Cortland, N.Y.

KRISTIAN DYER
sports@metro.us

Stock up

WR CHAZ SCHILENS
Plagued by injuries throughout his career, the wide receiver only has one season where he played all 16 games (and that was his rookie year). During the three days of minicamp, he even rose above cornerback Darrelle Revis for a nice touchdown in the back of the end zone one day. He has an opportunity with Plaxico Burress gone.

Needs to step up

TE JEFF CUMBERLAND
It hasn't been an easy start to a career for Cumberland, who spent his first year in the league working on his transition from wide receiver in college to tight end. Then, to make matters worse, he was injured for most of last year.

So it is easy to see that 2012 is a big year for Cumberland. He was always a good route runner and had good hands, but this year his blocking has improved. The need for an all-around tight end behind Dustin Keller is imperative with the loss of Matt Mulligan and Ben Hartsock to free agency, so Cumberland has the chance to earn snaps with a strong training camp.

He didn't hurt his chances at all with a strong minicamp.

Name to watch

CB ISAIAH TRUFANT
With Marquice Cole signing with the Patriots this offseason, the Jets need a special team playmaker to emerge from training camp and that talent might be Trufant.

As a gunner on punt coverage, Trufant's responsibility is to race down the sideline and limit returns. In certain situations he needs to try to down the ball before it rolls into the end zone. He has shown a knack for finding the ball and is developing a good chemistry with punter T.J. Conley on punts inside the 20-yard line.

An added bonus: He appears to be a decent cover cornerback as well, even when the diminutive Trufant (listed at 5-foot-8 and 170 pounds) is overmatched in terms of size.

Stock down

CB KYLE WILSON
It was a tough go for Wilson, who seemed to be picked on a bit by the quarterbacks.

The former first-round pick out of Boise State needs to take a significant step forward this year in his development. His play showed spurts of potential — but still only spurts.

Training camp might be a better gauge for Wilson to showcase his talent as he can be more physical at the line. He is entering his third year in the league and is nearing bust territory. And right now, his development looks like the status quo.

Biggest surprise

RB JOHN GRIFFIN
The running back signed with the Bengals as an undrafted free agent last year and so far, he's looked the part of an NFL player.

Griffin, a UMass product who was an early-September cut last year in Cincinnati, has good speed and feet and has shown some nice cutback ability. He averaged five yards per carry in his senior season after transferring to UMass and had 1,009 yards at Northeastern as a junior.

With the Jets looking for a change of pace back after Shonn Greene, Griffin's ability to change directions and catch balls out of the backfield have created a bit of a buzz around Florham Park.

In the news

Junior wins
Tiger Woods hasn't won a major in four years, but Dale Earnhardt Jr. hadn't won a race period since 2008.

Woods didn't break his streak yesterday, but Earnhardt did. He took the win at Michigan International Raceway after 143 straight races bypassing victory lane.

It's the 19th career win for the hugely popular driver, who took over the mantle from his father, Dale Earnhardt.

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PACKING UP SUMMER CAMP

Giants are done for summer after wrapping up minicamp this past week ◆ But we're not done looking at their offseason ◆ Camp opens in late July

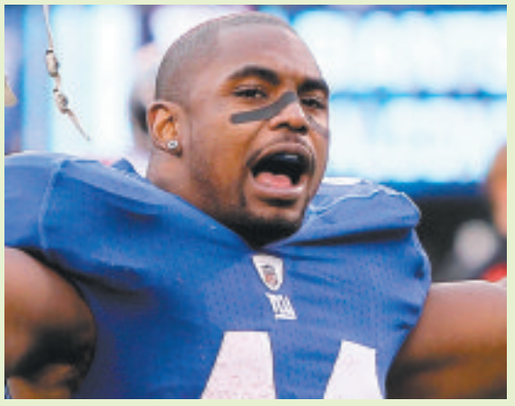
The defending Super Bowl champions spent three days of minicamp in East Rutherford, N.J., last week to begin their quest to repeat.

The Giants are stacked with veterans — Eli Manning, Justin Tuck, David Baas — so the surprises were few. The biggest news was actually the DWI arrest of David Diehl in the middle of camp.

But on the field a pair of rookies impressed, while one injured player delivered good news (Ahmad Bradshaw) and one delivered bad (Will Beatty). Metro takes a look at some of the players and stories to watch this offseason.

TONY WILLIAMS
sports@metro.us

Stock up



RB AHMAD BRADSHAW
The 2012-13 season will be the first time in his six-year career that Bradshaw will be "The Man" in the backfield, following many years as option 1a to good buddy Brandon Jacobs, who is now in San Francisco.

Much will be expected of Bradshaw and the coaching staff thinks he's up to the task. Despite suffering through numerous foot injuries through the years, Bradshaw said during minicamp last week that this is "the best I've felt since college" following a February procedure that injected stem cells into his troublesome foot. He didn't get much play during minicamp, but the fact that he appears fully healthy is important enough. He said he has no plans to see any doctors during the summer before camp opens.

Look for the 5-foot-10 sparkplug to have a breakout season.

Stock down

LT WILL BEATTY
It's not so much performance-based, as Beatty hasn't really played much in the last two seasons. But ever since taking over the all-important blindside position last season, Beatty has been in and out of the lineup due to eye and back injuries.

Should he continue to miss time — he missed all of this spring's workouts including minicamp — he'll be perilously close to losing his starting position.

Veteran tackle Sean Locklear saw most of the time at left tackle during minicamp, and while he doesn't have the upside of Beatty, he has started 82 career games. Sometimes just staying healthy is key. Such is the nature of the what-have-you-done-lately NFL.

Biggest surprise

LB JAKE MUASAU
The undrafted rookie free agent appears to be a great find by the Giants' front office.

Muasau came to the Giants via their early-May rookie tryout day and has impressed every time he's been on the field. Muasau has thrilled the coaches so much that the 6-foot-1, 243-pounder manned the middle linebacker spot with the first unit for most of minicamp, despite being an outside linebacker for most of his career at tiny Georgia State.

The Giants haven't replaced Antonio Pierce, who retired two years ago. They had to bring in Chase Blackburn midway through last season, so Muasau could be the young replacement.

Player to watch

WR RUEBEN RANDLE
Draftniks and analysts alike swore that Randle was the most NFL-ready receiver in the draft, so the pressure is on for the Louisiana State product to prove them right.

So far, so good, as the rookie wideout has drawn rave reviews from the staunchest of critics — head coach Tom Coughlin and offensive coordinator Kevin Gilbride.

"Randle has demonstrated, not only does he have a pretty good understanding of what we are trying to do, but he has put himself in position where he has made plays," Coughlin said.

"I think we see a guy that catches the ball real well," Gilbride said. "He is a build-up speed guy that I think has enough to get by people, to give us a deep threat that we need when people are kind of clamping down on the other guys underneath — Victor [Cruz] underneath — or what have you."

While the coaches say it's hard to gauge a guy in just T-shirt and shorts, even the usually stoic coaches find themselves smiling when discussing Randle's potential.

Needs to step up

CB PRINCE AMUKAMARA
It's almost unfathomable that a second-year player needs to step up, but so much expectation has been put on Amukamara since being a first-round pick two years ago.

Amukamara got off to a rough start in his rookie campaign when he broke his foot in the first practice after a lengthy holdout. He's undergone the same procedure as Bradshaw this offseason, so all eyes will be on him and how he recovers.

Terrell Thomas, coming off a torn ACL, said he still "thinks of [himself] as the starter" opposite Corey Webster, so Amukamara needs to step up and hold off the hard-charging vet.

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MLB. Yankees

▶ Curtis Granderson, center, celebrates the Yankees' 40th win this season with Dewayne Wise, left, and Andruw Jones.

GREG FIUME/GETTY IMAGES

The Yankees finished up their six-game NL East road trip with a 4-1 win in Washington yesterday. Ivan Nova allowed just one run in 7 2/3 innings, while Curtis Granderson hit his 21st home run. The Yankees now have an MLB-best 21 road victories. ● METRO

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If you or someone you know has schizophrenia, consider joining our research study.

We are studying an investigational medication for individuals with schizophrenia symptoms during acute episodes and also for long-term use of schizophrenia.

To be eligible for The Compass Schizophrenia Studies, participants must:
- Be Diagnosed with schizophrenia
- Be between the ages of 18 and 65
- Be currently experiencing and acute episode of schizophrenia symptoms
- Be generally healthy with no seizure disorder (epilepsy), diabetes requiring insulin injections or other significant concerns.

COMPASS

All study-related medications, evaluations and laboratory tests will be provided to qualified participants at no cost. Medical insurance is not required to participate in this research study.

To learn more about the Compass Schizophrenia Studies, please contact:

BMR Behavioral Medical Research
718.237.4242
info@bmrsi.com | www.bmrsi.com

Therapy for Chronic Hepatitis C in Patients with HIV available through a Research Study

You may qualify to participate in a research study using combination therapy with pegylated interferon plus ribavirin plus a new hepatitis C drug. The study is conducted at the Bronx VA Medical Center by Mount Sinai doctors. The study is for individuals who have both chronic hepatitis C and HIV. Non-veterans and veterans are both welcome. Travel stipends are provided for each study visit.

For information, please call **Sonja Marcus** at **718-584-9000 ext 5829** or e-mail **sonja.marcus@va.gov**

DO YOU HAVE A SHORT FUSE?
DO YOU EVER BREAK THINGS WHEN YOU ARE MAD?
DO YOU EVER GET PHYSICAL?

If so, you may be eligible to participate in a personality study at the Mount Sinai School of Medicine. We are interested in studying people with different types of personalities. Participants must be between 18-60 and medically healthy.

Reimbursement will be provided.

For more information, please call (212) 241-9775 to speak with a member of our staff.

GCO # 88-244 MSSM IRB approved through 8/31/12

Concerned about your memory?
Worried about Alzheimer's disease?
Do you have a parent that has been diagnosed with Alzheimer's disease?

NYU Center for Brain Health invites healthy adults age 50-95, with or without memory complaints, to participate in a research study. Your visit includes clinical medical exams, neuropsychological exams, blood work, brain MRI, lumbar puncture and PET scans at no cost.
Our goal is to identify predictors of Alzheimer's disease.

To see if you qualify please reach us at:
Michelle Davies NYU Center for Brain Health
email: michelle.davies@nyumc.org
212-263-3255

NYU School of Medicine
NYU LANGONE MEDICAL CENTER

Principal investigator: Dr. Mony de Leon
Professor of Psychiatry
NYU School of Medicine

NEED MORE HELP FOR YOUR OCD (OBSESSIVE COMPULSIVE DISORDER)?

When treatment with Anafranil®, Paxil®, Zoloft®, Luvox®, or Prozac® just isn't enough: There is a new medical research study evaluating a potential additional treatment for OCD patients.

Qualified participants will receive study-related medical evaluations and study medication at no cost.
Reimbursement for travel may also be provided.

To learn more, please contact:
Tara Kahn at **tkahn@montefiore.org** or **(718) 653-4859 x226**

EINSTEIN Albert Einstein College of Medicine
Montefiore THE UNIVERSITY HOSPITAL

ACUPUNCTURE STUDY FOR IBS

Do you have Irritable Bowel Syndrome (IBS)?
You may be eligible for a research study aimed at reducing symptoms associated with IBS using Acupuncture. Qualified participants will receive up to $330.

To be eligible you must:
- have diagnosis of IBS.
- be experiencing symptoms related to your IBS.
- be 18 to 70 years of age.

NEW YORK UNIVERSITY

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Homes

Belmont Vic Brand new 2 fam brk, 4/3 brs duplex, 4 bth, hdwd flrs, granite kit, ss appls, 2 laundry rms, pvt drv, bkyd. $429K Owner 917-753-0037

Fordham Road & Morris Ave. Fully renov 4/3, fin bsmt, Extra lot plus garage. 3.5% downpayment. Owner 646-431-0105, 718-740-5222

Nereid Ave ★ Reduced!! For Sale Huge Brick 1 Fam, hdwd flrs, Granite Count, Fin Bsmt, Gar, Nr 2&5 trains, low dp. Owner 917-359-9776

Pelham Pkwy No. Waring Ave Newly renov brk 1 fam 3 br duplex w/fin bsmt, all new kit & bths, gar. Nice yard. $359K Owner 347-281-4409

Wickham Ave ★ For Sale Brand New Luxury Brick 2 Fam Fully Det, 6 br, 5 Ba, HVAC, Driveway, Min Dp $21,000. Owner 917-510-7005

OLD MILL BASIN E. 57th St. (J&K) Renov 2 Fam, S/D, Brick, 3/3 + Fin Bsmt, Hwd Flrs, Bkyd, Drvwy, price to sell. Bkrs wel. Owner 718-968-7867

104 St Albans Great Buy!
1 fam det brk, 3 BRs, 2 full baths, lge kit, full bsmt Low DP Ask $225K. Agent Nadine 347-543-2995

Homes

CORONA $400,000
2 family brick det, 6/6, full finish bsmt, garage. Hablamos Espanol Call Maybell 718-300-7057

Jamaica Renov 2 fam det, 3/3 brs, 2 bths, granite counters, hdwd flrs, fin bsmt. $350K. Mtg from pocket $850/mo. No cc. Owner 347-866-6341

QUEENS $250,000
2 family det, 4/4, 2 full bths, drvway full fin bsmt. Hablamos Espanol Call Maybell 718-300-7057

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★ SPRINGFIELD GARDENS ★
2 fam brk 3/3, 6 brs, 3 bths, fin bsmt w/ose, pvt drvwy, gar, $239,999 Owner Rep. 347-289-9533

★★ St. Albans Gov't Program ★★
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CANARSIE- 2 BR apt. newly renov, hdwd flrs, quiet area, nr shops & trans, Ref req / Cred chk. $1450/mo. 1 mo rent/1 mo sec. Owner 646-919-0164

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FLATBUSH: Ave H & 32nd
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Apartments

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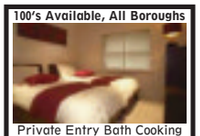
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NOTICE IS HEREBY GIVEN that a license, Serial # 1262995 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a restaurant under the Alcoholic Beverage Control Law at: 69 Lafayette Ave., Brooklyn, NY 11217 for on-premise consumption. 698 Lafay Rest. Corp. d/b/a Academy Restaurant.

NOTICE IS HEREBY GIVEN that a license, Serial # 1263000 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a restaurant under the Alcoholic Beverage Control Law at: 593 1st Ave., NY, NY 10016 for on-premise consumption. 34th Street Coffee Shop, Inc. d/b/a Lucky's Café.

NOTICE IS HEREBY GIVEN that a license, Serial # 1262515 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a restaurant under the Alcoholic Beverage Control Law at: 25-70 Steinway St., Astoria NY 11103 for on-premise consumption. Mazzika Lounge Inc.

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NOTICE OF FORMATION of Ke Family LLC. Articles of Organization filed with Secy of State of NY (SSNY) on March 29, 2012. Office Location: Kings County. SSNY is designated as Agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 1015 63rd Street, Brooklyn, NY 11219 which is also the principal business location. Purpose: Any lawful activity.

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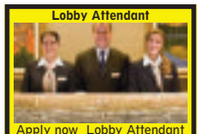
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Blood Pressure Formulation

#26

Dr. C. Hammoud M.H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. *A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. *A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. *We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. *Achieve your balance and maintain your balance and a healthy range.

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

CLEAR SKIN

#60

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. * This makes sense. Usually you can see how it benefits your skin within days. * Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.

■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60, New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**

SNORING?

#23

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY* ■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53, Gardendale, AC* ■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC* ■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS* ■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ ***AVAILABLE IN MANHATTAN:*** **New Life Nutritional Centre** 714 W. 181 St. **Cash Rx Plus** 746 10th Ave. @ W 51st St **Cordette Drugs** 55 W 39th St @ 6th Ave . **Cross County Pharmacy** 1514 Madison Ave. @ 103rd **Food For Health** 1653 3rd Ave.**New London Pharmacy** 246 8th Ave@ 23rd St. **A Matter of Health** 1478 1st Ave. @ E 77th St. **Ajanta Pharmacy** 2718 8th Ave. @ 145th St **Arrow Pharmacy** 883 9th Ave. @ 57th St. **Blake Pharmacy** 1868 3rd Ave. @ 103rd St. **Bliss Pharmacy** 1590 Madison Ave. @ 107th St. **C & C Nutrition** 561 W 179th St. @ St.Nicholas Ave. **Dile Punab Deli** 170 9th ave @20th @21st ST. **Harlem RX Pharmacy** 102W. 116TH St. **Health IS Wealth** 184 7th Ave. **Earth Matters** 177 Ludlow St. @ Houston St **Elm Health** 1695 1st Ave. @ E 88th St.**Metro Drugs** 7 West 14th St. near 5th Ave. **Metro Drugs** 931 Lexington Ave. @ 68th St. **#92 Pharmacy** 1938 2nd Ave @ E. 100th St. **VLV Med Pharmacy** 4085 Broadway St. **Earth Matters** 177 Ludlow St. @ Houston St. **Gary Null"s Uptown Whole Foods** 2421 Broadway St. **Health Harvest** 820 2nd Ave. **Natural Green Market** 162 3rd Ave. **Pro Health Pharmacy** 385 2nd Ave. **Pro Health Pharmacy** 370 Lexington Ave.

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